English offer for Erasmus students
2025/26

**WINTER SEMESTER**

**Methodology of public speaking.**

**TEACHER:**

**Dawid Kutryn, PhD**

e-mail: dawid.kutryn@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 40 h, ECTS - 3

**SHORT DESCRIPTION OF THE COURSE:**

The aim of the subject is to develop students' public speaking skills and prepare them to create effective presentations in their future professional career. The subject focuses on important aspects related to the content of speeches (structure) and behavior during public speaking. Prepares you to independently construct a presentation in terms of structure, persuasion, aesthetics and media. Self-presentation skills during speeches are also developed, especially the ability to build effective interactions with the audience.

**LITERATURE:**

- J. Weissman, The power presenter, 2009,

- J. Weissman, Presenting to win: The Art of Telling Your Story, 2006,

- S.E. Lucas, The art of public speaking, 2019.

**Starting own business (start-up)**

**TEACHER:**

**Bogdan Piątkowski, PhD**

e-mail: bogdan.piatkowski@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30 h, ECTS - 2

**SHORT DESCRIPTION OF THE COURSE:**

How to start a business in 7 steps. Making a business plan. Secure funding. Surround yourself with the right people. Establish a location. Develop a marketing plan. Build your customer plan – how to sell your product or service. How to be successful in business. How to win and get a lot of profits from your business.

**LITERATURE:**

* Allen, Richard G., Multiple Streams of Income, the USA 2009.
* Czarnecki, Leszek, Simply Business, Studia Emka, Warszawa 2011.
* Czarnecki, Leszek, Simply Business: The Next Step, Muza SA, Warszawa 2012.
* Tracy, Brian, The Psychology of Selling, Harper Collins Focus 2006.

**Information technologies**

**TEACHER:**

**Sławomir Winiarski, PhD, DSc Eng. Post-doctoral degree**

e-mail: slawomir.winiarski@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30 h, ECTS – 2

**SHORT DESCRIPTION OF THE COURSE:**

This course is designed to equip students from all disciplines with the foundational knowledge and skills in applying IT and Internet resources across various sectors. Through 15 hours of lectures and 15 hours of hands-on workshops in a computer laboratory, participants will explore the integration of computer systems and the Internet within an organisational context, particularly focusing on sports organisations. Key areas include using IT in marketing, sponsorship within sports disciplines, event management, training centre management, funding acquisition, and customer relationship management (CRM). Additionally, the course delves into the application of augmented reality (AR), virtual reality (VR) and artificial intelligence (AI) in enhancing organisational operations, offering students a comprehensive understanding of the digital tools and strategies essential for contemporary professional environments.

**LITERATURE:**

* Bouwman, H., van den Hooff, B., van de Wijngaert, L., & Dijk, J. v. (2005). Information and Communication Technology in Organizations: Adoption, Implementation, Use and Effects. London: SAGE Publications Ltd.
* Fulk, J., & Steinfield, C. (Eds.) (1990). Organizations and Communication Technology. Thousand Oaks, CA: SAGE Publications,
* Yates, J., & Maanen, J. V. (Eds.) (2001). Information Technology and Organizational Transformation: History, Rhetoric, and Practice. Thousand Oaks, CA: SAGE Publications, Inc.
* + The Internet.

**Sport psychology**

**TEACHER:**

**Paweł Piepiora, PhD, Post-doctoral degree**

e-mail: pawel.piepiora@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 50 h, ECTS – 4

**SHORT DESCRIPTION OF THE COURSE:**

To acquaint students with the specificity of sports psychology in the field of physical culture. The classes will focus on self-confidence, psychological immunity, motivation in sport, emotions in sport, concentration in sport, visualization in sport, personality and temperament, aggression in sport, attitudes towards sport. Classes will take place in the form of lectures and exercises.

 **LITERATURE:**

* Jarvis M. (1999) Sport psychology. Routlege, Taylor & Francis Group, London.
* Karageorghis C., Terry P. (2011) Inside sport psychology. Human Kinetics, Champaign, USA.
* Smith L., Kays T. (2010) Sports psychology for dummies. Wiley Publishing, Canada.

**Biological regeneration**

**TEACHERS:**

**Sebastian Klich, PhD, Post-doctoral degree**

e-mail: sebastian.klich@awf.wroc.pl

**Rafał Szafraniec, PhDmotor**

e-mail: rafal.szafraniec@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30 h, ECTS – 2

**SHORT DESCRIPTION OF THE COURSE:**

The course provides knowledge related to the application of physical medicine, especially in the fields of hydrotherapy and massage, as well as in the training of athletes. Classes during the course are mainly practical. Students will carry out procedures such as underwater massage, Scottish showers, sauna sessions, salt baths, whirlpool massages of the upper and lower limbs, and various types of sports massages (regenerative, prophylactic, training, isometric, and deep tissue massage).

**LITERATURE:**

- Weiss L.D., Weiss J.M., Pobre T., Oxford American Handbook of Physical Medicine and Rehabilitation, Oxford University Press, 201O

- Sinclair M., Modern Hydrotherapy for the Massage Therapist, Lippincott Williams & Wilkins, 2007

- McGillicuddy M., Massage for Sport Performance, Human Kinetics, 2011

 Clews W., Sports massage and stretching, Partridge Press, London 1990

**Acquisition and diagnostic of motor skills**

**TEACHER:**

**Stanisław Czyż, PhD, Post-doctoral degree**

e-mail: stanislaw.czyz@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25 h, ECTS – 1

**SHORT DESCRIPTION OF THE COURSE:**

Ever wondered how some people seem to pick up new skills effortlessly while others struggle? Or why practicing the same way over and over doesn’t always lead to perfection? In this course, we’ll dive into the fascinating science of learning and skill development—whether you’re mastering a sport, a musical instrument, or even just trying to improve your daily habits.

Have you ever practiced something for hours only to perform differently in a new setting? That’s the transfer of learning in action! We’ll discuss how to make practice sessions more effective, including the power of demonstration and verbal instruction, augmented feedback, and why variability in practice is more important than you think.

Should you practice skills as a whole or break them into parts? Does mental practice (imagining yourself succeeding) really work? Spoiler alert: It does, and we’ll explore how to use it to boost performance.

By the end of this course, you’ll not only understand the science behind learning but also walk away with practical strategies to train smarter, not harder. Perfect for athletes, coaches, teachers, or anyone who wants to get better at getting better!

**LITERATURE:**

* Magill R.A. (any after 2007). Motor learning and control: Concepts and applications. Eds.: any above 8th
* Schmidt, R.A., Lee, T.D (2011) Motor Control and Learning. A Behavioral Emphasis. Champaign, Il: Human Kinetics. 5th ed.

**Statistics in scientific research**

**TEACHER:**

**Stanisław Czyż, PhD, Post-doctoral degree**

e-mail: stanislaw.czyz@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30 h, ECTS – 2

**SHORT DESCRIPTION OF THE COURSE:**

Statistics in Scientific Research offers an introductory exploration into statistical methods and analytical thinking, tailored for students across all disciplines. This course, comprising 10 hours of lectures and 20 hours of practical workshops in a computer lab, covers essential topics such as experimental designs, data modelling, analysis selection, understanding of sampling and measurement errors, analysis assumptions and verification, alongside data analysis and interpretation techniques including descriptive statistics, histograms, significance tests, chance models, correlation, and multiple regression. Designed for beginners, it bridges theoretical knowledge with practical skills, essential for research and scientific inquiry.

 **LITERATURE:**

* Douglas C. Montgomery, George C. Runger; Montgomery's Applied Statistics and Probability for Engineers, 7th Edition, 2018, Global Edition;
* David M. Dietz Christopher D. Barr, Mine Cetinkaya-Rundel (2015). OpenIntro Statistics, American Institute for Mathematics.
* James, Gareth, Daniela Witten, Trevor Hastie, & Robert Tibshirani (2013) An Introduction to Statistical Learning: With Applications in R. New York: Springer.
* Kabacoff, Robert (2015). R In Action: Data Analysis and Graphics with R. Shelter Island, NY: Manning Publications Co.

**Theory and methodology of educational balls Eduball and floorball**

**TEACHERS:**

**Sara Wawrzyniak, PhD**

e-mail: sara.wawrzyniak@awf.wroc.pl

**Ireneusz Cichy, PhD, Post-doctoral degree**

e-mail: ireneusz.cichy@awf.wroc.pl

**Andrzej Rokita, prof.**

e-mail: andrzej.rokita@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30 h, ECTS – 2

**SHORT DESCRIPTION OF THE COURSE:**

The course presents an innovative, interdisciplinary teaching approach to physical education in preschool and elementary school education. The EDUball method combines physical activity and academic learning. The concept relies on the development and improvement of children’s motor and academic performance through movement and play. The approach uses a didactic teaching aid in the form of educational balls called EDUballs to integrate various subjects, such as language, mathematics, geography, history etc. into physical education. Children participating in activities with educational balls can develop and improve their physical fitness, motor skills and fundamental movement skills while simultaneously learning and improving their academic performance. During the course students learn how to teach physical activities with EDUballs and organize attractive games and exercises to improve children’s motor and academic performance according to the motto “I learn while playing”.

The course program also includes the theory and methodology of floorball. During the course students learn how to teach individual skills (running with the ball, passing and receiving the ball, shooting, protecting the ball etc.) and team tactics (offensive and defensive actions). Students learn about regulations for organizing floorball events (match and tournaments) and organize and participate in floorball tournaments.

**LITERATURE:**

* Rokita A., Cichy I., Wawrzyniak S., Korbecki M. (2017). Eduball games and sports : a guide for primary school teachers and cooperating physical education teachers carrying out the "Little Champion" program. Ministry of Sport and Tourism; Marshal Office of the Lower Silesia Region; School Sports Association "Dolny Śląsk", Wrocław.
* Rokita, A., S. Wawrzyniak, I. Cichy (2018). *Learning by Playing! 100 Games and Exercises of Brainballs*. Wrocław, Poland: AWF.
* Wawrzyniak, S., Cichy, I., Matias, A. R., Pawlik, D., Kruszwicka, A., Klichowski, M., & Rokita, A. (2021). Physical Activity With Eduball Stimulates Graphomotor Skills in Primary School Students. *Frontiers in Psychology*, *12*, 606.
* Basic IFF Referee Educational Material (2018), International Floorball Federation
	+ **Learn, Start, Play; Floorball Youth Start Up Kit; Individual Technique and Tactics; Team Tactics;** Special Situations and Goalkeeping, International Floorball Federation, Materials (books and presentation) available at <https://floorball.sport/materials/downloads/>

**Safety in tourism and recreation.**

**TEACHER:**

**Patryk Czermak, PhD**

e-mail: patryk.czermak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25 h, ECTS – 2

**SHORT DESCRIPTION OF THE COURSE:**

The course program includes the safety rules analysis of selected recreational disciplines such as swimming, rock climbing, mountaineering, kayaking, windsurfing, skiing and snowboarding. The course prepares students for identification of life threats while practicing those disciplines. Some topics during the course concern Basic Life Support and Basic Trauma Life Support procedures.

 **LITERATURE:**

* Hazinski M.F. (2011), BLS for healthcare providers – student manual. Pub. American Heart Association.
* Mansfeld Y. (2005) Tourism, Security and Safety. Pub. Elsevier.
* Actual statistics of mountain and water accidents conducted by Polish mountain rescue, American SAR, Polish water rescue (2004 - 2020).

**Relaxation techniques**

**TEACHER:**

**Katarzyna Gębura, PhD**

e-mail: katarzyna.gebura@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30 h, ECTS – 3

**SHORT DESCRIPTION OF THE COURSE:**

Program of this course covers practical and theoretical knowledge how to applied relaxation techniques in daily life. Students can learn how to recognize and deal with stress, calming the body and mind by using relaxation techniques as Schultz's autogenic training, Yoga, Mindfulness, exercises based on classical yoga. Practical introduction to noninvasive technique for general improving feelings of well-being and stress management.

**LITERATURE:**

* Payne's Handbook of Relaxation Techniques, 4th Edition, A Practical Guide for the Health Care Professional, Rosemary Payne, Marie Donaghy, 2010
* The relaxation response, Herbert Benson, 2000
* Relaxation and Stress Reduction Workbook, Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, 2019

**Adapted physical activity**

**TEACHERS:**

**Marta Wieczorek, assoc. prof.**

e-mail: marta.wieczorek@awf.wroc.pl

**Wojciech Wiliński, PhD**

e-mail: wojciech.wilinski@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25 h, ECTS – 2

**SHORT DESCRIPTION OF THE COURSE:**

The aim of the course is to enrich students' knowledge and skills in adapting movement activities to the developmental and functional needs of different groups of people (children, adults). The content of the course deals with recreational and sport forms that can be used by the teacher when working with people with disabilities and special needs.

**LITERATURE:**

# [Claudine Sherrill](https://www.amazon.com/Claudine-Sherrill/e/B001IZ1DK2/ref%3Ddp_byline_cont_book_1), Adapted Physical Activity, Recreation, and Sport: Crossdisciplinary and Lifespan 6th Edition, 2003

# [Lauren J. Lieberman](https://www.amazon.com/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&field-author=Lauren+J.+Lieberman&text=Lauren+J.+Lieberman&sort=relevancerank&search-alias=books), [Cathy Houston-Wilson](https://www.amazon.com/s/ref%3Ddp_byline_sr_book_2?ie=UTF8&field-author=Cathy+Houston-Wilson&text=Cathy+Houston-Wilson&sort=relevancerank&search-alias=books), Strategies for Inclusion: Physical Education for Everyone Third Edition, 2017

# [Joseph P. Winnick](https://www.amazon.com/Joseph-P-Winnick/e/B001IOF9JE/ref%3Ddp_byline_cont_book_1), [David L. Porretta](https://www.amazon.com/s/ref%3Ddp_byline_sr_book_2?ie=UTF8&field-author=David+L.+Porretta&text=David+L.+Porretta&sort=relevancerank&search-alias=books), Adapted Physical Education and Sport Seventh Edition, 2021

**Games and physical activities in the initial stage of training**

**TEACHERS:**

**Anna Malska-Śmiałowska, PhD**

e-mail: anna.malska-smialowska@awf.wroc.pl

**Małgorzata Krzak, PhD**

e-mail: malgorzata.krzak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 15 h, ECTS – 1

**SHORT DESCRIPTION OF THE COURSE:**

The student will be able to organize fun and movement games during training classes with children. The student will be able to use fun and movement games to improve the level of motor skills. The student will be able to follow safety rules during activities and games. The student will be able to use fun and movement games in the training process. In the first part of the semester, students participate in activities and games led by the teacher, and in the second part of the semester, they organize and participate in activities and games organized by students.

**LITERATURE:**

* White Rachel Helping Children to Improve Their Gross Motor Skills: The Stepping Stones Curriculum
* Vonnie Colvin, Nancy J. Egner Markos,... Teaching Fundamental Motor Skills
* Ronald Dienstmann, Games for Motor Learning

**Winter camp**

**TEACHER:**

**Urszula Szczepanik, PhD**

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NUMBER OF HOURS AND ECTS POINTS: 60 h, ECTS – 3

**SHORT DESCRIPTION OF THE COURSE:**

The aim of the course is to learn about the possibilities of spending physical activity in the natural environment in winter. Students have the opportunity to participate in classes in downhill skiing, cross-country skiing and snowboarding as well as in various forms of activity in the mountains in winter.

**LITERATURE:**

* Potential Health Benefits From Downhill Skiing Front. Physiol., 2019; Martin Burtscher\*, Peter A. Federolf, Werner Nachbauer and Martin Kopp
* How To Ski: Master The Basics Of Skiing Quickly And Easily - The Ultimate Beginner's Guide To Skiing; 2015; Dan Davis
* Go Snowboard: Read It, Watch It, Do It (GO SERIES); 2006; Neil McNab